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WHY MUST I BE A TEEN ALIEN IN LOVE?

TWILIGHT AUTHOR STEPHENIE MEYER'S LATEST SAGA OF INTERSPECIES LOVE, THE HOST, SWAPS VAMPIRES FOR BODY SNATCHERS PAGE 12

Union to vote on deal

CAW members are poised to vote on a new contract at London's General Dynamics plant on Tuesday, which could avert a strike PAGE 3

Your body's acid test

Celebrities like Victoria Beckham swear by the alkaline diet, but can it really change your life? A nutritionist weighs in on the claims PAGE 14

Mr. Sorry tells his story

Who knew it was possible to fill an entire book with apologies to everyone you've ever slighted? But memoirist Dave Bry has done just that PAGE 16

NEWS WORTH SHARING.

THEY LIKE THEM APPLES

Michelle Cordy, centre, and students in her Grade 3 and 4 class at Wilfrid Jury Public School show off their Apple iPads on Monday. Cordy's class is the only one in the Thames Valley District School Board equipped with the tablets, bought after Cordy received a grant from the Knowledge Network for Applied Education Research. She is one of 50 teachers across Canada who have been recognized as an Apple Distinguished Educator. MARK SPOWART/FOR METRO

Sparks flying in city core

Plugging in. City launches EV charging stations downtown

MARK SPOWART
london@metronews.ca

City leaders are upping the ante in their bid to stake a claim as a leader in green energy.

Officials on Monday unveiled three electric-vehicle charging stations, bringing London's total to nine. While several of the existing stations are a bit off the beaten path, the new ones are right in the city core.

Downtown is "an area that was under-serviced," said Jay Stanford, the city's director of environment, fleet and solid waste.

The stations, a one-year pilot project, are outside Budweiser Gardens and in the underground parking garages at Covent Garden Market and city hall. Use is free during the first six months, and the city is offering a $5 gift card to users who register and complete a survey.

The stations are being donated for the length of the pilot through a partnership with ChargePoint, Sun Country Highway and HD Supply Canada Inc., saving the city more than $20,000. The city has set aside $500 to cover the cost of electricity pumped into cars during the first six months.

"In the big scheme of things, it is very economical," Stanford said.

The pilot is expected to help boost the city's profile when compared with other cities offering EV charging.

"We were a bit of a missing link with only six (stations), but when you get up to the nine and 10 number, I think we are doing quite well," Stanford said.

The watts and volts of London's EV charging stations

Here's where to find London's nine EV charging stations:

- City hall parking garage
- Covent Garden Market parking garage
- Budweiser Gardens lot
- London Hydro on Horton Street
- Finch Chevrolet on Wonderland Road
- Mitsubishi London on Wharncliffe Road
- Best Western hotel at Colonel Talbot Road and Highway 401
- TD Canada Trust on Richmond Street
- St. Joseph's Hospital on Richmond Street

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Territorial dispute

Chippewas settle old land claim

Chippewas of the Thames First Nation have settled a nearly 200-year-old land claim with the federal government, officials announced Monday.

According to an agreement approved over the weekend, the First Nation, based southwest of London, will be able to add to its reserve and will receive $119 million, a sum based on the historical value of the land involved.

The money will be invested in avenues including an education-savings plan for children, an income-stabilization plan for seniors and community development.

The settlement sets several precedents, officials said.

One, they said, is that the federal government agreed to remove a "contiguous clause" that required that new reserve lands be added next to an existing reserve.

ANGELA MULLINS/METRO

Local goods

Food map hits the market

Caught up in the local-food movement?

Middlesex County has just the tool for you. The new Middlesex-London Local Food Guide is now available, highlighting farms and markets where people can get their fill of local goods.

The guide, which pinpoints the hot spots on a map, is posted under the "Living Here" tab at middlesex.ca. METRO

Art for volunteering

Art auction deadline closing in

Artists have until the end of Tuesday to get involved in this year's Timeraiser.

The event is a twist on traditional silent auctions. Artists are paid for their pieces, which are then auctioned, with people pledging volunteer hours to local organizations instead of handing over cash.

The auction is slated for May 2. It's generated nearly 115,000 volunteer hours in the past three years.

Visit timeraiser.ca/london for details.

METRO

Officials at General Dynamics (1991 Oxford St. E.) and the Canadian Auto Workers union came to a tentative contract agreement late Sunday, a last-minute deal that prevented a strike or lockout. MARK SPOWART/FOR METRO

CAW, General Dynamics reach 11th-hour deal

Approved?
Tentative agreement could be given official nod Tuesday

The Canadian Auto Workers and General Dynamics reached a tentative agreement late Sunday, averting a possible strike or lockout.

Of the nearly 2,400 workers at the Oxford Street East factory, about 25 per cent — or 600 — are CAW Local 27 members.

The union is scheduled to vote on the agreement on Tuesday morning at an undisclosed location. Details about the deal have not been released.

"We are very pleased to reach this tentative agreement," said Ken Yamashita, General Dynamics' manager of public affairs. "And we look forward to a continued positive relationship with the CAW."

Union officials did not return phone messages on Monday.

General Dynamics manufactures the LAV III, a light-armoured vehicle used primarily by the Canadian Army. In January, the company was awarded a $1.1-billion contract to upgrade the vehicle.

The company has been producing vehicles for the army since the 1970s, and was known at the time as Diesel Division General Motors of Canada.

The company was renamed GM Defense in 1999, and was bought by General Dynamics in 2003, becoming General Motors Land Systems Canada.

MARK SPOWART/FOR METRO

Production of the LAV

- The light-armoured vehicle can be configured for a variety of roles from ambulance to logistical support.
- General Dynamics has produced more than 9,000 LAVs.
- It has contracts extending to 2025 to supply new vehicles and refurbish existing ones.

Still sporting a serious winter coat despite the calendar reading late March, a woman makes her way along a downtown bike path on Monday as the London area struggles to break free of chilly, winter-like weather. MARK SPOWART/FOR METRO

Sign of spring. Warmer weather coming down the pike — seriously

Forget about that snowy, damp and nippy Monday.

Spring really is about to pop its head into London.

Environment Canada is calling for a long-term break this week from the area's below-average temperatures.

While flurries are in the forecast through Friday, daily highs will hover around 5 C.

Lows will still dip below zero, but it is an improvement since the average high so far this month comes in at about 1 C. Only two days have hit or exceeded 5 C: March 10, which came in at an unseasonable 14 C, and March 11, which reached nearly 10 C.

The average high for March is 7 C.

ANGELA MULLINS/METRO

Working together key to fighting city's job woes: Committee

United effort. Politicians want city administrators to forge new bridges between economic-development agencies

ANGELA MULLINS
angela.mullins@metronews.ca

Tear down silos and find a way to track results.

Those were the main messages politicians sent to city staff Monday as council's investment and economic prosperity committee knuckled down to combat unemployment.

An important step on the road will be forging a closer partnership between a variety of agencies and forming one strategy for success, including the London Economic Development Corp., TechAlliance and the Small Business Centre.

City manager Art Zuidema and treasurer Martin Hayward have been charged with that task, along with finding a way to measure progress made toward chipping away at the London area's 9.1 per cent jobless rate.

Combined, the two city administrators will, in essence, serve as the "quarterback" needed for racking up some "touchdowns," Mayor Joe Fontana said.

While a lot of groups are doing great things, there's not a lot of collaboration happening and that's a problem, officials have said.

"The community is ready for us to move from strategic thinking and rather blue-sky approaches … to (narrowing) our focus and getting down to some tangible projects," Coun. Joe Swan, the committee's chair, said as Monday's meeting started.

"I think the message from council today is: We need your collective buy-in, we need your leadership, we need your strength, we need your ability to mobilize the community," he told the groups.

In other news

- **The London Multicultural Association** has yanked its request for $25,000 in city funding to help launch an immigration incubator.
- **The association asked the request be pulled** from a committee agenda shortly after media reports in which former director Deeq Abdi accused a city councillor opposed to the funding as not being "black enough."
- **Abdi resigned** from his role with the association Friday and does not speak on its behalf, members said in an email.

Taking a look at the Big Brothers Big Sisters picture is ArtTastic!

Kyler, foreground, and his Big Brother mentor, Luis, are pictured Monday with one of the pieces of art they created for the ArtTastic! workshop series through Big Brothers Big Sisters of London and Area. Their work is being showcased ahead of the annual Big Bash fundraiser planned for May 3 at the Western Fair District. This event is one of three major fundraising events for the organization.

MARK SPOWART/FOR METRO

Council to decide on bridge inspection, expense-account review

Coun. Nancy Branscombe CONTRIBUTED

An aging link to downtown and a proposed review of rules governing politicians' expense accounts will be on the table at Tuesday's city-council meeting.

City staff says the Blackfriars Bridge needs a $307,000 inspection before they move ahead with developing a long-term plan for the structure.

At 138 years old, the bridge carries 4,000 cars a day over the Thames River, connecting the core to Wharncliffe Road. The assessment is aimed at helping officials decide if the bridge should stay open to cars and, if it does, what kind of repairs are needed.

Moving ahead with the inspection, which would be the first since 1986, was recommended last week by a city committee. But, the project has some opponents, including Mayor Joe Fontana.

The wrought-iron structure is one of only three of its kind remaining in Ontario and deck repairs are costing the city about $35,000 a year. Most other bridges like it have been closed to vehicles.

City-council meeting

Council meets at 4 p.m. on Tuesday at city hall.

Also on Tuesday, council will consider a proposal that could prompt a review of what qualifies as spending that can be reimbursed from their expense accounts.

Coun. Nancy Branscombe suggested the review last week, expressing frustration with money Coun. Dale Henderson spent to buy equipment used to launch a YouTube channel directed at constituents.

ANGELA MULLINS/METRO

Road congestion

New 'revenue tools' needed for infrastructure, Wynne says

Taxpayers may have to fork out more to pay for badly needed repairs to bridges and roads, even in rural and northern Ontario.

Premier Kathleen Wynne has talked about the need for what she calls new revenue tools — road tolls or some kind of tax — to pay for upgrading public transit and easing road congestion in southern Ontario.

Premier Kathleen Wynne ANGELA MULLINS/METRO

Municipalities in other parts of the province can't afford to modernize their aging infrastructure, and there will also have to be some way to help them pay the bills, Wynne said Monday.

She says the government will have to find a way to create "dedicated revenue streams" just for roads and bridges. THE CANADIAN PRESS

Pontiac Grand Prix

London police, OPP looking for vehicle used in thefts

Middlesex County OPP and London police are looking for a vehicle spotted during numerous fuel drive-offs from area gas stations.

The vehicle is described as a white, 2004-2008 four-door Pontiac Grand Prix with a black antenna on the roof and tinted licence-plate covers.

A man and woman have been seen in the car. The woman has been known to approach staff and distract them while the man pumps gas and leaves the scene, police said.

Anyone with information should call OPP at 1-88-310-1122 or city police at 519-661-5670. METRO

The male suspect pictured with the white Pontiac Grand Prix. CONTRIBUTED

Betting on casinos a gamble: NDP

OLG. MPP says 'mass confusion' swirling around new casinos and their impact

The New Democrats say the Ontario Lottery and Gaming Corp's plans to build new casinos are in shambles and must be halted.

They're demanding that OLG stop its expansion plans given that property values of some existing casinos have plunged. New Democrat Michael Prue says the casinos are worth far less today than they were in 2008. He says that's devastating for municipalities who rely on property-tax revenues from the gambling venues.

Premier Kathleen Wynne says OLG wants to build new casinos because the ones close to the U.S. border aren't bringing in as much money as they did a decade ago. OLG's expansion plans have come under fire in recent weeks, prompting Wynne to intervene.

Last week, she called in Paul Godfrey, chairman and CEO of the lottery corporation, to make it clear she doesn't want to see any special deals for Toronto to host a new casino.

There were reports that OLG promised Toronto a special agreement that was far more lucrative than what's being offered to other cities that want a casino. Godfrey denied there was any special deal for Toronto, but said OLG will be rewriting the formula to meet Wynne's wishes that all cities and towns be treated exactly the same by the corporation.

Prue said there's still "mass confusion" over the new casinos and their impact on both municipalities and existing casinos. "Why won't this government admit that its OLG privatization expansion plans are in total shambles?" he said in the legislature.

Wynne defended the plan, saying municipalities can decide if they want a casino. But she didn't comment directly on the significant drop in property values. THE CANADIAN PRESS

London off to Lightning-quick start in series

The London Lightning's Morgan Lewis drives to the basket as the team takes on the Moncton Miracles in the first round of semifinal action Monday at Budweiser Gardens. The Lightning beat the Miracles 106-80 for the first win in a best-of-five-game series. The teams play again Wednesday in London. MARK SPOWART/FOR METRO

tbk Creative. Local firm's work wins four awards

A London web design and social-media marketing agency has garnered four awards for work done with local companies.

The firm, tbk Creative, was given a nod for creating noteworthy online campaigns for Fertility Ontario, North Star Windows and Doors and Siskinds LLP. The company was honoured with an "outstanding website in manufacturing" award for North Star's site.

The awards came through the Internet Advertising Competition, run by the Web Marketing Association. METRO

London forum. Focusing on welcoming newcomers

The London and Middlesex Local Immigration Partnership will have a Wednesday forum to talk about the best ways to welcome immigrants arriving in London.

The event runs from 8 a.m. to 3 p.m. at the Best Western Plus Lamplighter Inn Plus (591 Wellington Rd.) Presenters will include Western University president Amit Chakma, talking about welcoming international students, and a panel of people talking about their paths to employment. Visit immigration.london.ca/LMLIP for details. METRO

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Police officer died

Snowplow killing goes to the jury

A jury is weighing the role psychosis played in the mind of a troubled drifter when he mowed down and killed a Toronto police officer with a snowplow.

The fate of Richard Kachkar, 46, was put in the hands of the jury at his first-degree murder trial Monday.

Kachkar's lawyer has urged the jury to find him not criminally responsible by reason of mental disorder.

The defence argues the troubled man was psychotic and had lost his grip on reality when he killed 35-year-old Sgt. Ryan Russell on Jan. 12, 2011.

THE CANADIAN PRESS

Nova Scotia data

Officials delayed E. coli alert

Public-health officials in Nova Scotia knew they were dealing with an outbreak of E. coli five days before they informed the public about it in early January, documents show.

Notes from a meeting, which were released under access-to-information legislation, show that health-department officials knew they were dealing with seven confirmed cases of E. coli affecting people ranging in age from 18 to 83.

Liberal health critic Leo Glavine said the province needs a more robust process to ensure timely disclosure of health matters, such as the outbreak.

THE CANADIAN PRESS

Oligarch's death

How do you burn through billions?

The unexplained death of Boris Berezovsky, 67, whose body was found Saturday inside his upscale English home, has refocused attention on the fantastic wealth racked up by Russia's ruthless oligarchs.

Berezovsky, who fled to Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin, had once been considered Russia's richest man.

But by this January, a British judge was wondering whether the tycoon would be able to pay his debts. His lawyer said he'd been in "a horrible, terrible" emotional state.

THE ASSOCIATED PRESS

Sadistic, tyrannical, unstable ...

Startling testimony at inquest. Psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell

A teenage girl who killed herself in her prison segregation cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told the Toronto inquest into Ashley Smith's death that only top-quality, sustained psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality pathologies that I have encountered," Penn said.

"She would have a period where she was making progress and then she would have to self-destruct."

Smith, who had been teased mercilessly growing up, was emotionally immature, giggly, took pleasure in inflicting pain on others and had only a limited capacity for remorse, Penn testified.

In some ways, he said, Smith hadn't progressed beyond age two or three.

"This young woman is essentially a large tyrannical child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked, and often hopeless," Penn wrote at the time.

Despite the various problems, Penn said the mental-health system in prison is "better than people think," although it could be improved.

Smith, however, was simply an extremely difficult inmate and patient.

"She had incredibly poor social skills. She can't get along with peers or with staff," he said.

"The answer was going to be very intensive psychotherapy, but where? I don't know."

Smith had a tremendous drive not just for attention, but also to control her world and her environment, Penn said.

She also had a strong need for arousal.

"When I'm bad, I get a feeling of excitement," he said she told him.

THE CANADIAN PRESS

Quoted

"Ashley was dour, sullen, blunted in general, with occasional bursts of animation and humour."

Dr. Jeffrey Penn, a psychiatrist who treated Ashley Smith in prison in Truro, N.S.

Her lonely end

Ashley Smith choked to death in segregation at the Grand Valley Institution in Kitchener, Ont., in October 2007. She was just 19.

Sign here please, PM ... you have a parcel of pandas

What's black and white all over and the centre of Prime Minister Stephen Harper's attention? Look right — there's Da Mao, one of two giant pandas that have just flown in from China on the Panda Express, a specially outfitted jetliner. Harper officially took delivery of Da Mao — like panda Er Shun, on loan to Canada from China — at Toronto's Pearson International Airport on Monday. "It's not every day you get to sign for pandas," the Prime Minister joked. The loan is the result of a deal reached when Harper visited China just over a year ago. FRANK GUNN/THE CANADIAN PRESS

Italy killing. New trial looming for Amanda?

Amanda Knox is waiting anxiously in Seattle to hear if she'll face a murder court again in Italy.

She was acquitted in the murder of her roommate.

But now Italian prosecutors have asked the high court to throw out the acquittals of Knox and her Italian ex-boyfriend in the murder of 21-year-old British student Meredith Kercher and order a new trial.

After hearing six hours of arguments, the court delayed a decision until Tuesday.

Knox is "carefully paying attention to what will come out," attorney Luciano Ghirga said as he arrived at Italy's Court of Cassation in Rome.

Amanda Knox: Acquitted once. THE ASSOCIATED PRESS FILE

Knox, now 25, and Raffaele Sollecito, who turns 29 on Tuesday, were arrested in 2007 after Kercher's body was found in a pool of blood in a rented apartment in Perugia. Her throat had been slashed.

THE ASSOCIATED PRESS

Flu shots. Do health-care workers need them?

Should mandatory flu shots for health-care workers be put on hold ?

A prominent infectious-diseases specialist says yes.

Dr. Michael Gardam says he gets a flu shot every year, but thinks mandatory programs for health-care workers could end up being challenged in the courts.

Gardam and a colleague say in this week's Canadian Medical Association Journal that pushing flu shots in this way could undermine other vaccination efforts.

Gardam, head of infection control at Toronto's University Health Network, also worries this type of fight could be used by the anti-vaccination movement.

Put health-care workers' flu shots on hold? GETTY IMAGES

Flu-vaccine proponent Dr. Allison McGeer says a better vaccine would be welcome, but the current one does help to save lives and should be used by health-care workers.

THE CANADIAN PRESS

Holy smokes! Israel gets first kosher-certified cigarettes for Passover

Observant Jews in Israel craving a smoke during the weeklong Passover holiday that starts at sundown Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The chief rabbinate in Israel, however, disapproved.

Label reads: "Kosher for Passover."
ODED BALILTY/THE ASSOCIATED PRESS

"Poison is not kosher. For all days of the year, not just Passover," said spokesman Ziv Maor. THE ASSOCIATED PRESS

Humanitarian visit

Prince Harry heads back to U.S.

Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Instead, he will support veterans' charities, landmine clearance and aid for poor African children. THE ASSOCIATED PRESS

Bus fare?

$1.3-million bag leads to charges

A yearlong probe into a bus passenger in Winnipeg with $1.3-million in his backpack has led to proceeds of crime charges against a man from Minden, Ont., allegedly linked to illegal gaming in Ontario. THE CANADIAN PRESS

Italy's youth rise to power amid parliamentary chaos

Deputies of the Five Star Movement attend the second-day meeting of the new Italian parliament on March 15 in Rome. The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

Five Star Movement. Protest party received quarter of all votes

ELISABETH BRAW
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

It's true that these new MPs have little knowledge of political proceedings: Most of them belong to the Five Star Movement, Italy's phenomenally successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."

Demands of office

"Let's hope that the new parliamentarians are a positive force.... One needs not just political will but also experience."

Stefano Folli, respected political columnist at the Italian daily Il Sole 24 Ore

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Landslide kills 8, leaves 9 missing in central Indonesia

Java. Police, soldiers and residents searched for the missing but were hampered by a lack of equipment and then darkness

A landslide triggered by torrential rain killed at least eight people and left nine others missing on Indonesia's main island of Java, an official said Monday.

Nine houses were buried when mud gushed down from surrounding hills just after dawn Monday in Cililin village in West Bandung district.

Sigit Udjwalaprana of the local Disaster Mitigation Agency said rescuers dug up the bodies of a father and his seven-year-old son embracing each other, just hours before the search was halted due to darkness.

Sigit said a lack of equipment hampered the 300 police, soldiers and residents who used their hands, shovels and hoes to search through the debris for the missing.

The dead included five children, said Sutopo Purwo Nugroho of the national disaster agency.

The agency also said that 83 people died in 53 earlier landslides this year in Indonesia.

THE ASSOCIATED PRESS

Geography

Seasonal downpours cause dozens of landslides and flash floods each year in Indonesia, a vast chain of 17,000 islands where millions of people live in mountainous areas or near fertile flood plains.

Villagers make their way through the mud from a landslide in Cililin, West Java, Indonesia, Monday. Rescuers pulled out six bodies, including four children, after the landslide triggered by torrential rain. THE ASSOCIATED PRESS

France

Public increasingly opposed to ruling allowing headscarf

Backlash is growing in France against a court ruling in favour of a Muslim employee of a private nursery school who was fired after she refused to take her headscarf off. A new poll found that four-fifths of people in France would back a proposal to ban Muslim headscarves and other visible signs of religion in private companies.

THE ASSOCIATED PRESS

Chile

Miner trapped underground

Rescue workers were clearing rubble by hand Monday to reach a man trapped 300 metres underground following a collapse in a mine in the same region where 33 miners were buried for 69 days in 2010. The miner managed to survive the collapse by taking refuge in a secondary tunnel, said the regional mining secretary.

THE ASSOCIATED PRESS

Syria

UN to reduce staff in Damascus after mortar attacks

The United Nations said Monday it was temporarily reducing its international staff in Damascus following mortar fire that damaged a hotel and a UN vehicle.

The UN will relocate some staff to Beirut and Cairo and it has asked national staff to work from home until further notice, UN spokesman Martin Nesirky said.

Nesirky said the relocation involves about half of the roughly 100 international staff in Damascus and some of the 800 national staff.

Nesirky said critically needed humanitarian aid will continue.

"UN agencies and their partners remain committed to providing humanitarian assistance to millions in need across Syria and will maintain a number of staff inside Syria to continue running these critical programs and deliver aid to civilians in need." THE ASSOCIATED PRESS

Myanmar. Government warns religious violence could threaten reforms

Myanmar's government warned Monday that religious violence could threaten democratic reforms after anti-Muslim mobs rampaged through three more towns in the country's predominantly Buddhist heartland.

The mobs destroyed mosques and burned dozens of homes over the weekend.

In an announcement on state television, the government pledged to make "utmost efforts" to halt the violence and incitement of racial and religious unrest.

"We also urge the people to avoid religious extremes and violence which could jeopardize the country's democratic reform and development," it said.

President Thein Sein had declared an emergency in the affected areas on Friday and deployed army troops to the worst-hit city, Meikhtila, where at least 32 people were killed. According to the UN, more than 12,000 people were displaced. Monday's announcement said the displaced people would be resettled as soon as calm was restored.

Myanmar Muslims in Malaysia hold a banner decrying ethnic unrest in their homeland. THE ASSOCIATED PRESS

Muslims in Meikhtila, who make up about 30 per cent of the city's 100,000 inhabitants, have borne the brunt of the devastation. At least five mosques were set ablaze from Wednesday to Friday, and most homes and shops burned were Muslim-owned.

The authorities said they detained at least 35 people allegedly involved in arson and violence. But residents and activists said the police did little to stop the rioters or reacted too slowly. THE ASSOCIATED PRESS

Zimbabwe. High Court frees rights lawyer after 8 days in detention

Zimbabwe's top rights lawyer, Beatrice Mtetwa, released by a court after eight days in jail for allegedly obstructing justice, said Monday her arrest was a ploy to intimidate human-rights activists and pro-democracy groups ahead of upcoming elections expected in July.

Mtetwa told reporters she believed she was targeted. "It is a personal attack on all human-rights lawyers but I was just made the first example. There will be many more arrests to follow as we near elections," Mtetwa said. "The police were all out to get me. They wanted me to feel their might and power because I call myself a human-rights lawyer and I felt it."

Mtetwa was arrested on March 17 along with four officials from Prime Minister Morgan Tsvangirai's party. The officials are accused of illegally compiling information on high-level corruption. Mtetwa was accused of shouting at police conducting a search at Tsvangirai's staff offices.

THE ASSOCIATED PRESS

Human-rights lawyer Beatrice Mtetwa, left, leaves the High Court in Harare on Monday. THE ASSOCIATED PRESS

Ottawa. NDP wants RCMP to investigate budget leak

The opposition New Democrats are asking police to investigate a federal budget leak that they say could have allowed insiders to manipulate the market.

NDP deputy finance critic Guy Caron has written to RCMP Commissioner Bob Paulson to say a pre-budget leak into tariff breaks for hockey equipment opened an "opportunity for personal financial gain."

The National Post, followed by the Globe and Mail, both reported last week that the measure would be part of Finance Minister Jim Flaherty's eighth spending blueprint.

The leak was widely interpreted as the Harper government's effort to influence media coverage — and television reports on budget day were indeed filled with kids in hockey gear. Only later did it become clear that the Conservatives had increased tariffs on a much wider array of goods, more than offsetting any tariff cuts to a few popular items.

THE CANADIAN PRESS

Precedent

- NDP deputy finance critic Guy Caron says such budget leaks were once taken very seriously, citing the leak under the Mulroney Conservatives in 1989 that led to the resignation of the finance minister and an RCMP investigation.

Market Minute

DOLLAR 97.92¢ (+0.20¢)

TSX 12,680.71 (-76.64)

OIL $94.81 US (+$1.10)

GOLD $1,604.50 US (-$1.60)

Natural gas: $3.87 US (-6¢)
Dow Jones: 14,447.75 (-64.28)

Ford India apologizes for ad with Berlusconi, bound women

Mumbai. Images that appeared online may never have been seen by anyone at automaker

This ad, depicting Italy's former prime minister Silvio Berlusconi with three bound women in the trunk of a Ford Figo, was created at advertising agency JWT India and appeared on the site adsoftheworld.com. The CEO of JWT India says that it and two similar ads were never paid for and "were not expected to be released." SCREENGRAB

The Indian unit of Ford Motor Co. has apologized for advertisements decried as demeaning to women, including one depicting Italy's former prime minister Silvio Berlusconi with a trio of bound women in the trunk of a car.

A Ford India spokeswoman said Monday that the company is investigating whether anyone at the automaker ever saw the print ads, which were never used commercially but appeared over the weekend on a website showcasing creative advertising.

The ads caused an uproar online and came just after India passed a new law on violence against women following a fatal gang rape of a student on a bus that prompted mass protests and spotlighted the status of women in India.

Featuring Ford's logo, one ad showed three women bound and gagged in the trunk of an Indian-made compact, the Ford Figo, with Berlusconi smiling from the driver's seat alongside the slogan "Leave your worries behind with the Figo's extra-large boot." Similar ads featured Paris Hilton apparently kidnapping reality-television rivals the Kardashian sisters — all three sisters tied up and one in a bikini — and Formula One driver Michael Schumacher abducting his male racing competitors.

Ford said Monday that it regrets the incident, calling the images "contrary to the standards of professionalism and decency within Ford."

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#SORRYNOTSORRY FOR HASHTAGS

SHE SAYS

Jessica Napier
metronews.ca

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social-media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social-media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has been embraced by inside jokers and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social-media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways.

We employ these digital hieroglyphs to add new levels of meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text-message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Balloons not just for clowns and circus folk

DAVID CHESKIN/THE ASSOCIATED PRESS

Gasp! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland, in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

Online

- **Listen to the artist discuss his muse and see how he creates the masterpieces at metronews.ca.**

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

@RealTimeWWII:
A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

@TitanicRealTime:
Right now, everybody is extremely pleased by reports of the unsinkable liner's luxurious accoutrements. But stay tuned — things are about to get real very soon.

@SamuelPepys:
The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

Twitter

@metropicks asked: China just sent us pandas. What should Canada ship to other countries for diplomatic reasons?

@Dragoniser: The Ontario Liberal Party. They will be out of a job soon anyway.

@kajomha: everything maple!

@IdejTauren: moose and maple syrup, with some Tim Hortons thrown in too.

@rosalesj: snow.

@905GoTrainGirl: Tim Hortons

@BaggsMcJungle: Please send China the Three Stooges: Rob & Doug Ford & their fishing buddy, Stephen Harper. If there's room, Gazebo Clementi.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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DVD reviews

Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's Lincoln serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's Angels in America, Spielberg's Munich) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller Team of Rivals: The Political Genius of Abraham Lincoln. It finds focus in the marrying of high principles with low politics.

PETER HOWELL

Lil Wayne releases his latest album, I Am Not a Human Being II, this week. THE ASSOCIATED PRESS

Same old Lil Wayne

New album.
Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's I Am Not a Human Being II album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like No Worries and the Mike WiLL Made It-produced B—s Love Me suggest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted Rich as F—, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well convince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on Trippy, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's Trigger Finger, and seems to laugh about his 2010 eight-month jail stint on Gunwalk featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from tracks like Curtains, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

He rages through the heavy metal-influenced Hello, but crossing genres doesn't change the same tired content.

And while the hook on God Bless Amerika promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

THE ASSOCIATED PRESS

Beyoncé sizzles with H&M this summer

New campaign.
Singer appears in discount fashion retailer's ads that channel the 'four elements'

Whoever told you that this is the year of the snake lied.

It's the year of Beyoncé, obviously.

And because you haven't seen enough of her yet, H&M has just released these ads starring everyone's favourite Super Bowl halftime act.

"I've always liked H&M's focus on fun and affordable fashion," she says in a press release.

Mrs. Carter collaborated with the brand to create the television and print ads, which are meant to "explore the different emotions of women represented by the four elements — fire, water, earth and wind."

We're guessing this image of her lying on the beach is meant to channel the fire part. Hot.

Did you see what we did there?

The collection, which includes body-con dresses, flowy sundresses and bikinis, hits stores in early May.

Wear one of them to her concert.

METRO WORLD NEWS

Beyoncé strikes a pose for H&M. THE ASSOCIATED PRESS/H&M

Eva Mendes. Actress on her personal style and a 'Princess Jasmine' look

Eva Mendes wraps her hair in a scarf on bad hair days. GETTY IMAGES

Eva Mendes will be doing the red-carpet circuit again with her new film, The Place Beyond the Pines, co-starring Ryan Gosling, coming out later this month. But while she lands more often than not in the fashion "do" column, Mendes says she knows she's made a few mistakes along the way, including one look she calls "Princess Jasmine gone wrong."

Still, she has style credibility — and is making the most of it. She's working on her own clothing line for New York & Company and is hoping to have it in stores for the fall. She's also been tapped to represent Vogue eyewear.

Here, Mendes, 38, talks about spreading her wings.

Do you feel any pressure to look "done up" whenever you leave the house?

No, that's a pressure I would never put on myself because I wouldn't want other women to feel that pressure. We all have our good days and our bad days. We all have our days when we feel great and want to look great, and then we have our days where we just want to be in our sweats or our jeans or our sweats equivalent and throw our hair up in a bun or a cap. For me, I like to throw my hair up in a scarf because it's an easy way to not deal with bad hair and it adds a little bit of elegance. So, usually when you see my hair up in some kind of scarf it's really not going for a look, it's going for function because I didn't have time to wash my hair or style it.

Do you ever look back at any of your red carpet moments and think, "What was I thinking?"

I really am the first one to laugh at myself and point out what a horrible fashion choice I made or point out an unflattering photo. About six years ago I went to the Ghostrider premiere in New York City and it was cold and snowing — I don't know why I'm sharing that, I think I'm trying to justify — and I had my dress on but I had to finish my hair and makeup in the back of an SUV. It was a beautiful dress, but the way I put everything together, it was a Princess Jasmine gone wrong. The strapless, purple dress with necklaces and hair in a really high braid. It's not a good look.

Are you someone who follows trends?

No. In fact, the worst thing a sales person can tell me when I'm in a shop is, 'Oh, that's been a hot seller.' ... Most of what I wear is vintage ... I like little boutiques. I feel stressed in department stores. Or, oh my god, I can't go to Target. I'm just overwhelmed. It's like the Super Bowl of stores. I like thrift shops more than vintage stores because at vintage stores just calling it 'vintage' kind of ups the price (laughs).

THE ASSOCIATED PRESS

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Meyer's desert dream now a feature film

Stephenie Meyer says she's liked science fiction since she was a young girl. THE ASSOCIATED PRESS

The Host. Twilight author came up with her latest world on a drive from Phoenix to Salt Lake City

RICHARD CROUSE
scene@metronews.ca

Unlike most pop culture superstars, author Stephenie Meyer is not on Twitter. Well, she is, but she's only tweeted twice, both times on April 16, 2009. Still, she has almost 100,000 followers eager to hear any pronouncement from the woman who gave us eternal lovers Bella Swan, Edward Cullen and the Twilight universe.

She had time to tap out the two tweets because at the time her world "had not been affected by the movies as it is now."

Currently the five Twilight films have grossed over $2 billion and a new film sits poised to create another Meyer franchise. It's unlikely she'll have time to tweet anytime soon.

The Host, starring Saoirse Ronan, is a science fiction romance based on Meyer's 2008 novel.

"When I came up with the idea I was driving between Phoenix and Salt Lake City," she says.

"Through the desert there really is nothing for hours and hours and I didn't have anyone to talk to, so I was entertaining myself and in the middle of that came the idea of two people, in one body, in love with the same person, and that conflict. I thought, 'That's not a bad idea' and I started working on it, just in my head, until I could get to where I could start typing."

Her love of science fiction dates back to early childhood when her father would read the stories of Frank Herbert, Orson Scott Card and others aloud to the family."I remember he read us Dune. The first one gave me nightmares."

The home readings, she says, were "great for a growing imagination. I also had a real affinity for that kind of reading so I don't think it was an accident that the second world I created was a science fiction world."

She's quick to point out, however, that The Host is suitable for people who don't necessarily like sci fi.

"It's in our world and it looks the same and people are in our bodies, so it feels the same.

"You don't have to try and immerse yourself in something that is completely alien to you.

"I think that takes away one of the hurdles for people who aren't sure about science fiction."

As a fan, however, she sees the tantalizing possibilities in the genre.

"Science fiction lets us experience something that we haven't yet," she says, "but we might."

Story time

"Through the desert there really is nothing for hours and hours and I didn't have anyone to talk to, so I was entertaining myself and in the middle of that came the idea of two people, in one body, in love with the same person, and that conflict."

Stephenie Meyer on coming up with her idea for The Host

Four weddings and a few red flags

Jesse James

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to Star magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says. "But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lindsay's letting loose before lock up

Lindsay Lohan

Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the weekend hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments" at San Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to Us Weekly. And Saturday night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the Daily Mail. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe every thing you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.

Miley Cyrus

Knock off the rumours, the ring is back on

Maybe it's time to put those breakup rumours about Miley Cyrus and Liam Hemsworth away, as the pair have been "inseparable" since Hemsworth got back from his trip to Australia and Manila, according to People magazine. "Since Liam returned to L.A., Miley has been in the best mood. They are together and will continue their wedding plans," a source says. On top of that, Cyrus has been spotted wearing her engagement ring once again.

Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to Radar Online. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they search for Beckham's replacement, according to the Daily Mail. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line." A source close to the band, though, insists that the four remaining members would not recruit a replacement.

Spice Girls ALL PHOTOS GETTY IMAGES

Twitter

@jeremypiven
I am not currently Mexican

@Louis_Tomlinson
Just incase anyone was wondering, cereal after mouth wash is a bad choice !

@rustyrockets
Read Malcolm X's autobiography next time you think you've had a hard life.

@MatthewPerry
Love playing a sociopath on The Good Wife. I know a sociopath in real life. And if he's reading this, I'm sure he doesn't know who he is.

LIFE 3

Could this alkaline diet change your life?

Mythbusting. Your body shouldn't be high on acid. Honestly Healthy, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

ROMINA McGUINNESS
life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of Honestly Healthy, tells Metro.

Why? Because other than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the food we consume," she explains.

But certain staples, such as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in order to buffer such acidity," warns Edgson.

Edgson makes sense and Honestly Healthy's recipes are delicious — we've tried them — but are her claims correct?

We asked Amanda Griggs, Nutritional Therapist at the Balance Clinic London (whose clients include supermodel Elle Macpherson) to weigh in on the claims.

70% alkaline, 30% acidic = balance?

What the nutritionist says: "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

Good food will improve a mood

What the nutritionist says: "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."

You'll lose weight naturally

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

What the nutritionist says: "True! Over-acidity can equal weight gain."

Clear skin, shiny hair & better BO

What the nutritionist says: "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."

Better sleep/ focus

What the nutritionist says: "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

Mussels: art of simplicity

ROSE REISMAN
for more, visit
rosereisman.com

These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil

1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

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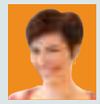


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

- When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't feel like you are eating a sandbox.
- Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.
- Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Redefine fast food with Foil Pack Salmon

Bake an extra filet for tomorrow's lunch. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

MAIJA MOMENTS
YummyMummyClub.ca

1. Spray one side of your tin foil piece with non-stick cooking spray (tin foil should be large enough to hold and fold over your salmon fillet).

2. Place lemon rounds in middle of tin foil in a rectangle. Place salmon on top of lemons and brush with olive oil. Top with dill and green beans and lightly salt to taste.

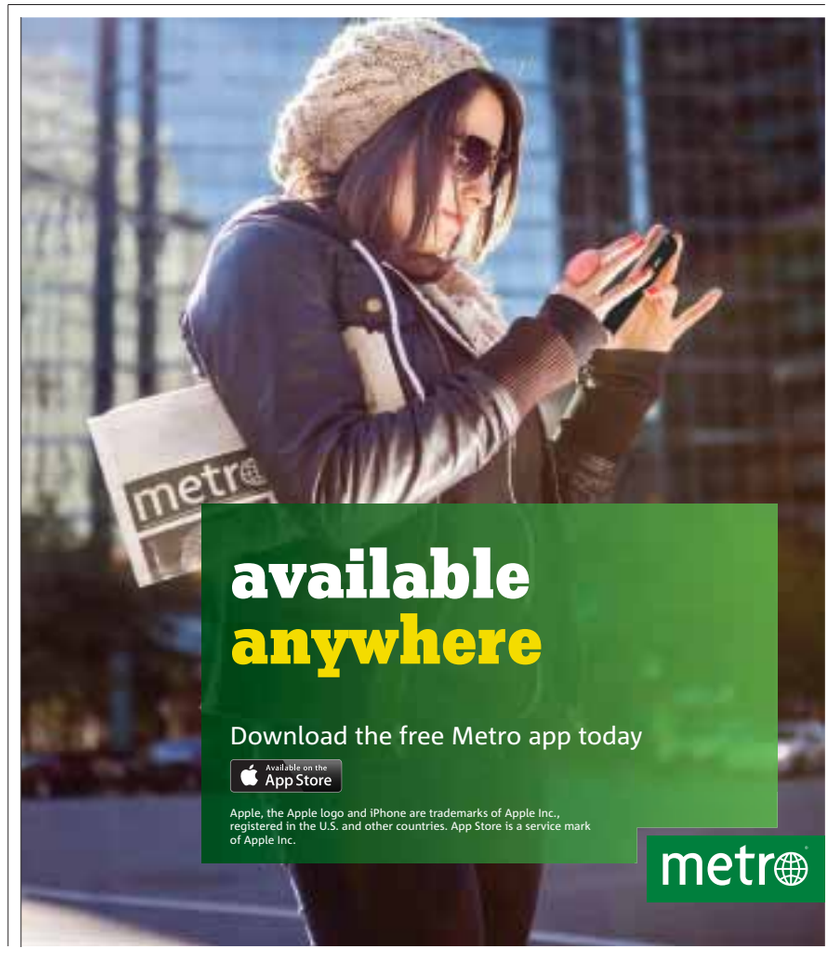
3. Fold tin foil into a foil package so that there are no seams, as you want to make sure there is no way for the steam to escape.

4. Bake on baking sheet in preheated 300 F oven for 25 minutes. Carefully place foil packs onto plates and open to let the steam escape.

Ingredients

- Non-stick cooking spray
- 1/2 lemon, sliced into 4-6 rounds depending on size
- 1 salmon fillet (approx. 4-6 oz) (skin on or off)
- Drop of olive oil
- 2 sprigs fresh dill
- Handful of green beans, washed and ends sliced off
- Coarse salt to taste

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.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I'm sorry for sleeping with your girlfriend, and other apologies

Memoir.
Columnist says we try our best but we all mess up — yet we're all deserving of forgiveness

Dave Bry is a professional apologizer, first in a Dear (Person He's Wronged) column online and now a letter-by-letter memoir of messing up and making amends.

Out Tuesday, Bry's Public Apology is stuffed with wrongs, from the foibles of an anxious, surly tween in New Jersey to the regrets of a 20-year-old who drinks and does drugs too much, losing his father to cancer at a crucial time in his youth.

Could you fill a book with apologies? Bry has no trouble.

Through high school in Little Silver, N.J., Bry spends a lot of time apologizing for bad behaviour at school as he set a record for detentions and tried to lose his virginity. He succeeds with the girlfriend of a classmate. And he's sorry.

Was the idea for the book to share something of yourself beyond the usual memoir?

I'm a little reluctant to talk about it in terms of getting weight off my shoulders, confessing for the sake of (alleviating) guilt. In my least generous look at it, I'd call it a gimmick. But I relate well to other stories told in the first person, that feeling of, 'Oh man, it could have come out of my own head.' The loftiest goal of the book would be that people might relate to it and remember, 'Oh my god, I remember when I did that stupid, embarrassing thing, and I remember when I was such a jerk and I've been beating myself up about it since.' It's nice to know that other people feel that way.

Were you trying to get in touch with your previous selves?

I think about the stuff that I've done wrong a lot. I'm a real harsh judge of behaviour, probably most harshly my own. I look at my behaviour pretty closely and look back on things and can identify many, many times in my life that I screwed up. I think I've always been looking back five years and thinking, 'Oh my god, thank god I'm not that same person. I was such an idiot.'

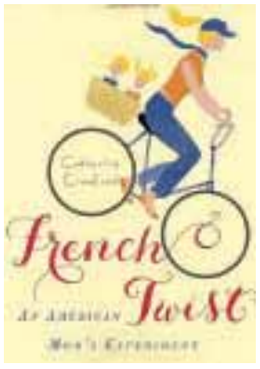
Do you have more to apologize for than the average person?

No. The way that I look at it is that we're all pretty much the same, and some of us maybe will feel more guilty about stuff, and maybe get more hung up. I think my northeastern Jewish upbringing made me lean in that direction, toward the kind of Woody Allen, hand-wringing guilt. But I think everyone's equally guilty, except the extreme examples. Basically, I think, we're all trying to do our best in this world, and we all mess up a lot. The flip side is we're all deserving of forgiveness.

THE ASSOCIATED PRESS

Dave Bry, author of Public Apology: In Which a Man Grapples With a Lifetime of Regret, One Incident at a Time. GRAND CENTRAL PUBLISHING / THE ASSOCIATED PRESS

Tackling motherhood with a bit of 'ooh la la'



When Brooklyn mom Catherine Crawford began to feel as if her kids were running the household, she and her husband decided to try an experiment in French parenting. The more hands-off French method focuses on rules and boundaries between children and adults.

Her memoir, French Twist: An American Mom's Experiment in Parisian Parenting, chronicles her family's experience with "la vie française," and how it transformed their lives. Crawford learned plenty about American culture, child rearing and family dynamics.

Your "a-ha" moment occurred during dinner with French family friends — as you were about to bolt out of the room to tend to your crying daughter, your friend said, "If there is no blood, don't get up." Why was this moment so significant for you?

Throughout the evening, I had been in awe all night of my friends' children. They didn't seem to need the same amount of attention, and they were extremely courteous. My daughter was freaking out about something and my instinct had always been to get up and run. My daughter calmed down. She figured it out on her own, which we don't let children do enough.

What changes did you make after that?

My husband and I defined rules. We said, "You're children. Daddy and I are grown-ups and we're not the same." I had to explain to them that they didn't get a say in everything. I realized I was always trying to fit into my children's world, whereas I never made them adapt to mine.

We're afraid to tell them to be quiet and say no. And this approach helped to bring the family closer together?

It provided a little relief for everyone. One of the best changes was in the way they related to each other. All of a sudden, they were a team. If mommy or daddy laid down a rule they didn't like, they had each other to commiserate with. They play together so much more now.

What are some of the things American parents are doing right?

American parents encourage individuality. I didn't want to squash that in my kids. Our kids are boisterous, and I like that. There is a nice middle ground between the American and French examples.

NATALIE SHURE/METRO

Can you claim tax credits for an infirm parent?

Alison on Money.
It's a confusing area for taxpayers, thanks to a hazy, subjective definition of infirm

YOUR MONEY
Alison Griffiths
money@metronews.ca

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This Metro reader is one of them:

"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed income supplement) is $15,000. She can still do the daily basic necessities but her hearing is poor. I assist her with doctor appointments and ensure she is taking her daily medication. Can I claim any credits?" T.E.

It's a bit of a puzzle because there are three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for infirm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver amount is $4,402 for a dependent who is not infirm and $6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceed s $21,435 for the infirm and $19,435 for those who are not infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you. This credit is phased out when net income exceeds $10,822 for those who are not infirm and $12,822 for those who are.

You should talk to your mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Also, if your mother's hearing loss qualifies her for the Disability Tax Credit (DTC), it could be transferred to you to reduce your taxes. A health professional will need to fill out the DTC application form, T2201, at cra-arc.gc.ca/E/pbg/tf/t2201.

There are several caregiver tax credits available to taxpayers. ISTOCK IMAGES

Be aware that disability is a specific condition according to the CRA. One can be disabled but not infirm, and vice versa.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Personal finance. Here's how women can take better control of their money

For more than a century the financial services industry has focused on men as the primary target for individual insurance and retirement savings.

According to a study by the Boston Consulting Group, Canadian women control 67.2 per cent of all household spending. That's a lot of purchasing power in our economy.

"What's interesting is that while many women today are able to assert their independence through their lifestyle and career choices, many still find personal financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So it's essential that women create a financial plan that can support their current and future needs and lifestyle."

It's essential that women create a financial plan that supports current and future needs. ISTOCK IMAGES

First, think about what you would need financially to protect your family in case of an emergency such as an illness or a job loss.

Second, know where your money's going. Review your budget to identify any wasteful spending and make a goal of paying down your debt once and for all.

Third, create a savings plan for your retirement and for a rainy day

Fourth, review your life insurance coverage. Products like disability insurance, extended medical insurance and critical illness insurance allow you to focus on healing.

To learn more, talk to your financial advisor or visit desjardinslifeinsurance.com.

NEWSCANADA.COM

Tiger climbs back atop the mountain in world rankings

PGA. Woods cruises to win at Arnold Palmer Invitational to take No. 1 spot from McIlroy

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest spell of his career.

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said.

Woods never let anyone closer than two shots in the final round at Bay Hill that was delayed one day by storms. With a conservative bogey he could afford on the last hole, he closed with a 2-under 70 for a two-shot win over Justin Rose.

Next up is the Masters, where Woods will try to end his five-year drought in the majors.

Woods fell as low as No. 58 in the world as he coped with a crisis in his personal life and injuries to his left leg. One week after he announced he was dating Olympic ski champion Lindsey Vonn, Woods celebrated his third win of the season, and his sixth going back to Bay Hill a year ago.

"Number 1 !!!!!!!!!!!!" Vonn tweeted moments after his win.

Like so many other victories, this one was never really close.

Rickie Fowler pulled to within two shots with a 25-foot birdie putt on the 14th hole, but after he and Woods made bogey on the 15th, Fowler went at the flag on the par-5 16th and came up a few yards short and into the water. Fowler put another ball into the water and made triple-bogey.

Fowler had to settle for a 73 and a tie for third with Mark Wilson (71), Keegan Bradley (71) and Gonzalo Fernandez-Castano (72).

Rory McIlroy had been No. 1 since he won the PGA Championship last August. He can reclaim the No. 1 ranking by winning the Houston Open this week. Woods heads home to south Florida for two weeks before the Masters.

THE ASSOCIATED PRESS

Tiger Woods acknowledges the crowd after winning the Arnold Palmer Invitational in Orlando, Fla. With the victory, Woods is No. 1 again in the world rankings. DAVID CANNON/GETTY IMAGES

Tiger subdued

Snarl buried below the surface

CATHAL KELLY
Special to Metro

He was never very giving of himself. Having returned to the top on his knees, Tiger Woods gives nothing any more.

"How does it feel, after all this time?" Woods was asked, seconds after winning the Arnold Palmer Invitational. If ever there was a moment to look back from the top and appreciate the difficulty of the climb, this seemed like it.

"It's a byproduct," Woods said evasively, and with an odd hint of menace. "A byproduct of hard work."

The game has returned, but the swagger that once accompanied it is gone. Woods is 37 years old. He looks younger. He plays older. **GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON TIGER WOODS.**

Lawrie to begin regular season on DL

Brett Lawrie TORSTAR NEWS SERVICE

The Toronto Blue Jays aren't willing to risk third baseman Brett Lawrie suffering another long-term injury.

The team announced Monday that the native of Langley, B.C., will open the season on the disabled list with a strained rib cage on his left side. The Blue Jays had been holding out hope that Lawrie might be ready to open the season on time, but decided a careful approach was needed.

"I wish that I could say I'm going to be ready on this day, but I can't go as hard as I want to go out on the field until it feels like my other side," Lawrie said. "I want to make sure that when I go back out there to play it's to stay out there. It's not go out there and test it. I just don't want that hanging over me, I don't like that in my head, the thought that it could get worse."

Last season Lawrie tried to play through pain and ended up missing two months with a right oblique injury. There is no time frame on Lawrie's return. THE CANADIAN PRESS

Jays pound Phillies

J.P. Arencibia homered twice, Josh Johnson struck out eight in 5 1-3 shutout innings and the Toronto Blue Jays beat the Philadelphia Phillies 13-4 on Monday.
THE ASSOCIATED PRESS

NBA

Ankle injury to keep KG sidelined for at least a week

Boston's Kevin Garnett is expected to miss at least a week with inflammation in his left ankle as the Celtics practise patience with their 36-year-old star.
THE ASSOCIATED PRESS

Kevin Garnett GETTY IMAGES FILE

Soccer

Canada suffers loss in not-so-friendly

Canada versus Belarus was a friendly in name only.

Vitali Radzionau and Uladzimir Khavaschynski scored to give Belarus, ranked 62nd in the world, a 2-0 win over No. 68 Canada on Monday in Doha, Qatar.

After Belarusian manager Georgy Kondratiev was ejected from the match in the second half for arguing an offside call, a melee arose when Canadian defender Dejan Jakovic was taken down from behind. That led to a shoving match between the two teams before the two referee's assistants came on the field to help diffuse the situation.

The match saw five yellow cards. THE CANADIAN PRESS

Morrow joins Penguins

"I just don't want to screw it up. They're going pretty good."

New Penguins forward Brenden Morrow upon his arrival in Pittsburgh on Monday. Morrow, acquired from the Dallas Stars on Sunday, joins the Penguins amidst a 12-game win streak.

Horoscopes

♈ Aries
March 21 - April 20
Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

♉ Taurus
April 21 - May 21
You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

♊ Gemini
May 22 - June 21
With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

♋ Cancer
June 22 - July 23
The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

♌ Leo
July 24 - Aug. 23
You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

♍ Virgo
Aug. 24 - Sept. 23
You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others you also help yourself.

♎ Libra
Sept. 24 - Oct. 23
You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

♏ Scorpio
Oct. 24 - Nov. 22
You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

♐ Sagittarius
Nov. 23 - Dec. 21
It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

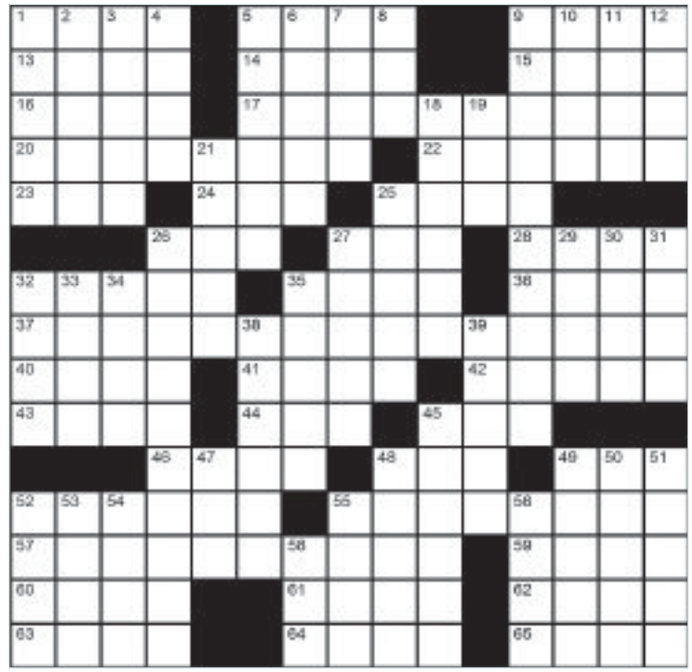
♑ Capricorn
Dec. 22 - Jan. 20
Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

♒ Aquarius
Jan. 21 - Feb. 19
You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

♓ Pisces
Feb. 20 - March 20
You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. SALLY BROMPTON

Crossword: Canada Across and Down

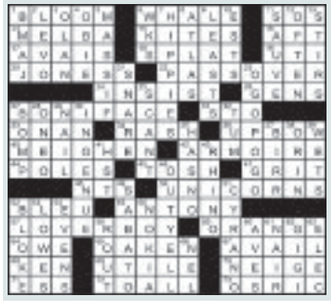
BY KELLY ANN BUCHANAN



Across
1. Pink Floyd's "Comfortably __"
5. Gremlins
9. Operation-giver, for short
13. "Are you __ out?": 2 wds.
14. Say __ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space __"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. __. Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "_ __ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders __
44. Aunt: Spanish
45. Iceland band, Sigur __
46. House's back or front area
48. Endings for many Y-ending words when plural
49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry
60. Bryan Adams' "18 __ _ Die"
61. Comic strip, __ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, __. _

Down
1. "Teenage Mutant __ Turtles"
2. Toronto's __ Station
3. French impressionist, Claude __
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in ancient Egypt
8. Soak, in dialect
9. Dock workers
10. 'Grad' add-on (Get a diploma)
11. Ceremony
12. Proceeds
18. Master Twist, Charles Dickens character
19. Bird beak
21. Awaken
25. Brilliant
26. "Fire It Up" born in Scotland/raised in Canada singer: 2 wds.
27. Single-named American songstress
29. Jumbo-sized movie venue
30. Vitality
31. Oodles
32. "The Wizard __" (1939): 2 wds.
33. Prefix with 'suction'
34. Disney CEO, Bob __
35. Sci-Fi character
38. Catch
39. Selected
45. Start the computer again
47. 'A' in ETA, for short
48. Basket fibre
49. Ringo's last name
50. Wee bits
51. "Bye Bye Bye" band
52. U.S. pre-coll. exams
53. "__ __ were up to me..."
54. French: Ici __ __ (Here and there)
55. Two choices, _ __ _
56. __ milk
58. Yes, in Japan

Yesterday's Crossword



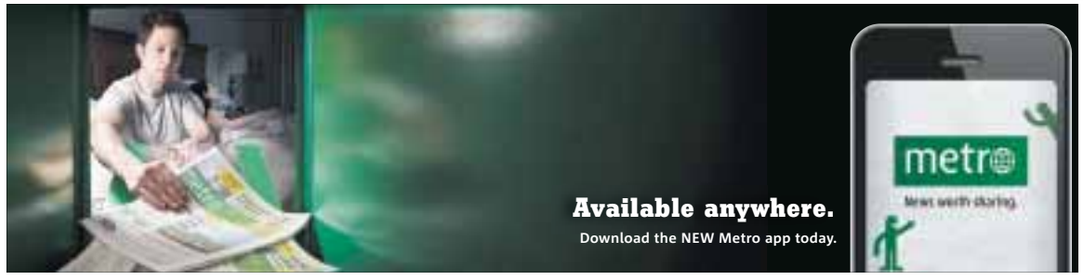
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		3		2		4	
		8	1		7	9		
5								7
		6		1		5		
2								8
		5		8		4		
3								9
		1	8		5	6		
	8		7		9		2	

Yesterday's Sudoku

2	9	8	4	5	6	1	7	3
4	6	3	1	7	9	2	5	8
7	1	5	3	8	2	4	6	9
9	7	4	6	1	3	5	8	2
1	8	6	5	2	7	9	3	4
3	5	2	8	9	4	7	1	6
6	4	9	7	3	5	8	2	1
8	3	7	2	4	1	6	9	5
5	2	1	9	6	8	3	4	7



A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

ROGERS Youth Fund™ Proud supporter of Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

With education, anything's possible.™

rogersyouthfund.com

CREATE LEAD LEARN DREAM EDUCATE

ROGERS™